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NEWS WORTH SHARING.

WHEREABOUTS UNKNOWN

THOUGHT TO HAVE LANDED IN RUSSIA, FUGITIVE WHISTLEBLOWER EDWARD SNOWDEN SEEMS TO HAVE GONE DEEP UNDERGROUND

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High-tech makeover for LTC

It's about to get easier to head out on the town

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Beach-ball body getting you down?

Get off your duff and get buff with this bikini-friendly workout

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Leafs go out on a limb with new goalie

GM Dave Nonis insists the addition of Jonathan Bernier will only strengthen the defence

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TOO HOT TO HANDLE

Ryan Fletcher wipes his brow on Monday as a hydro crew works along Dundas Street in east London. With the high nearing 30 C, plus a humidex reading of nearly 40, Metro London readers unofficially rated construction as one of the worst jobs. For more votes on the hottest jobs in the city and a heat report for the rest of the week, see page 2. MIKE DONACHIE/METRO

Hydro lands revamp 'a win for all sides'

Committee on board. Developer says renewal of site could bring 500 jobs and act as 'catalyst'

MIKE DONACHIE
mike.donachie@metronews.ca

A big-spending company has promised to clean up a London site and turn it into a hub with 500 full-time jobs, 750 homes and millions of dollars in revenue for the city.

The London Hydro property at 111 Horton St. has attracted Kilmer Brownfield Equity Fund, a group that buys former industrial or commercial land and turns it into a big payday. Here, the firm wants to build homes and stores, at a variety of heights, with the project complete within three years.

Members of city council's investment and economic prosperity committee were visibly enthusiastic on Monday during a presentation by Pam Kraft, managing director of Kilmer Brownfield. Larry Tanenbaum, billionaire owner of the Toronto Maple Leafs, is the leading figure in the group.

Mayor Joe Fontana led the praise. "I think you're a pretty impressive company that sees the vision for London," he told Kraft.

Coun. Paul Van Meerbergen added: "This is clearly a winner. It's a win for all sides and the city of London."

Other councillors lined up to agree. Redeveloping the hydro property is one of the main objectives on council's $60-million, 10-year plan for breathing new life into the economy.

Kraft said the 14-acre site along the river is in a key location. "We've verified for ourselves that there is both market and builder interest."

She said the company would measure environmental impact and address public concerns. She was also insistent on the 36-month timeline, noting: "We want to move as quickly as we can. We are not the kind of people that look to sit on things. We want to get on and do our jobs."

The company's specialty is renewing urban sites. One former Toronto gas station bought for $12.5 million was replaced with a highrise development, and now has a market value of $124 million, Kraft said.

Each site acts as "a catalyst," she added, encouraging other people to move into an area and improve it.

The message was not lost on committee members. Everyone agreed with a recommendation to work with Kilmer. Full council will weigh in on Tuesday.

On the upside

Kilmer Brownfield says its remake of the London Hydro property would mean:

- 500 full-time jobs
- More than 750 new homes
- $12 million in development charges for the city
- Land value of $200 million after all the work is done

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NEWS 1

Forecast

If you don't like the heat, get out of southern Ontario

Road construction, roof work, landscaping and, well, pretty much anything outdoors won Metro readers' picks on Monday for the hottest jobs in London.

You can expect them to stay unpleasant for the rest of the week.

A humid punch will continue pounding the city, after Monday's high hit 30 C with a humidex value of 38.

Southwest Ontario is under a humidex advisory — which means there will be a sweltering combination of heat and high humidity — until at least Thursday, when thunderstorms are expected.

With humidex values about five ticks from "dangerous," Londoners are being warned to take caution.

More moisture in the air, at best, spells clothes sticking to your body. At worst, the high humidity can increase chances of heat cramps or heat exhaustion.

"Don't think twice on checking on your neighbours to make sure they're coping with the heat, especially if they're older," said Iqbal Kalsi, manager of environmental health at the Middlesex-London Health Unit.

And, Kalsi said, drinking beer to cool down isn't such a great plan — even if it sounds great. Water is the way to go.

The worst is yet to come, said Trudy McCormack, a meteorologist at Environment Canada.

"Things will be getting much more uncomfortable in the next few days with this humid air mass coming into the area."

JEREMIAH RODRIGUEZ/FOR METRO

Mapping a path from Point A to Point B on LTC buses could soon be easier if a partnership with Google goes ahead as planned. MIKE DONACHIE/METRO

City sets course for better course setting

Google Transit. Trip planner in beta testing for London routes

MIKE DONACHIE
mike.donachie@metronews.ca

London's bus service is joining Google's high-tech travel-planning system in what's being called an "exciting" step forward.

London Transit is asking riders to help test its foray into Google Transit, a public-transportation guide that uses Google Maps. Once the beta testing is done, London is expected to join a host of other public-transit authorities, including those in Toronto, Hamilton, Mississauga, Burlington and Brampton, already using the tool.

The simple service lets users plan trips between two locations. It includes directions and walking time to bus stops, plus information on all services and the quickest connections.

Transit campaigner Amanda Stratton, a leader of the LTC Bus People advocacy group, is among the early adopters.

"It seems to be working really well so far for everything that I'm using it for," she said. "I think it's going to be really helpful for a lot of people.

"A lot of people find the London bus routes kind of confusing, especially when they're new to the city."

London Transit's website says it's "pursuing a partnership" with Google and has already invested in software to make it possible. Staff hope to have the system available to the public this summer.

Coun. Joni Baechler, who sits on the transit commission, said the city has only "scratched the surface" regarding how technology can improve the bus service — and all others in London, for that matter.

Getting on board with Google Transit, she said, will allow London to be part of the "bigger picture in terms of moving people" effectively.

"We have to be part of that plan," Baechler said.

To become one of the beta testers, email ltcis@londontransit.ca.

Other moves

Changes to bus routes triggered by the downtown master plan will cost London Transit more than $4.6 million extra per year, according to a report headed to Thursday's commission meeting.

- The report shows $633,900 in added costs for staffing to implement the changes, plus $4 million to buy eight buses.

Teachers sign deal as Broten bails

Elementary teachers in Ontario have accepted a new deal with the provincial government following months of labour strife.

The Elementary Teachers Federation of Ontario says 91 per cent of its members who voted accepted the deal that was reached this month. The agreement freezes wages but guarantees a two per cent raise starting next year.

The public school teachers are paid two per cent less than teachers in the French and Roman Catholic school systems, but Education Minister Liz Sandals promises that will be fixed before the next round of bargaining.

Most of the province's public elementary and secondary school teachers stopped supervising extracurricular activities last fall to protest Bill 115, which imposed contracts with a two-year wage freeze.

In other news, former education minister Laurel Broten, who found herself at the centre of the dispute with teachers, has resigned.

Broten, in a statement, called it a difficult decision but said it was time to look forward to the next chapter in her career.

The resignation leaves Premier Kathleen Wynne with four seats — including one in London-West — to fill in by-elections.

THE CANADIAN PRESS

Duck Dynasty

Reality TV bayou boy to pay a visit

One of the Robertson brothers is coming to London.

Jase Robertson of Duck Dynasty fame will be at Budweiser Gardens on Oct. 12 at a benefit for Farmtown Canada's Funny Farm Ministries, a charity that helps school-aged children in Elgin County. METRO

Trailer Park Boys

Worst of Santa's naughty list is coming to town

Bubbles, Ricky, Julian and even Mr. Lahey will come to London as part of the Trailer Park Boys' Dear Santa Claus, Go F#ck Yourself tour. The show will hit Nov. 27, inviting anyone seeking the true meaning of Christmas to join in at Centennial Hall. METRO

Mandela leaves mark on London

Deep impact.
Locals share how they have been touched by anti-apartheid icon as his health continues to decline

SCOTT TAYLOR
london@metronews.ca

As former South African president Nelson Mandela remained bedridden in hospital on Monday, Londoners reached out to share their thoughts about the man they say influenced and saved countless lives.

Even though they never met him, several people said they were shaped by the courage and humanity of Mandela, who they describe as the peaceful force behind the end of apartheid.

Born in bordering Zimbabwe, Silence Genti said Mandela's influence shaped him as a boy to become a man who helps others.

History's hero

He will always remain a symbol of national unity, tolerance and foresight."

Zivai Muvuti of London talking about Nelson Mandela

"He was a man who dedicated his life to the good of others. He stood for justice for black people and justice for white people," Genti said. "That's what appealed to me. As a young boy it impressed upon me the need to live life for others."

Genti was saddened over reports of Mandela's poor health, but tempered that with knowledge that the anti-apartheid icon had not only spent 27 years in prison, but been a tireless crusader for millions around the world for years.

"He has done so much," Genti said. "Maybe it's time to finally rest."

Meredith Fraser was coordinator of the anti-hate and anti-bias program at LUSO Community Services two years ago when she and the London police hit upon an idea.

"We thought it would be great to celebrate Nelson Mandela's birthday, to acknowledge his many contributions and do something locally because this is something that's recognized globally," she said.

Silence Genti of London was so inspired by Nelson Mandela's legacy that he penned a newspaper article, pictured above, about the South African icon. Genti is one of several local people looking back on that legacy as Mandela's health declines. SCOTT TAYLOR / METRO

Committee recommends 'splitting' SoHo project

A rendering shows the proposed Fincore development facing the Thames River at Wellington and South streets. CONTRIBUTED

The way is clear for council to rule separately on the two highrise towers that make up Fincore Group's big development for SoHo.

Members of a city council committee nodded through a new set of rules Monday that would allow full council to make separate decisions Tuesday on the towers.

The last time the issue came up, at last week's planning committee meeting, there was resistance for one part of the project — an 18-storey tower — but none for the other piece of the development.

The committee heard an impassioned appeal last week from a lawyer representing property owners near the shorter tower. The lawyer said no deal had been reached for selling certain parcels to Fincore, and council should not agree to rezone the land.

With committee members determined to see progress on the plans, which are expected to put at least $25 million into the construction industry, Mayor Joe Fontana suggested splitting the project so one portion could move ahead.

Big boost?

- Officials from Fincore Group have said the development will put "$25 million to $39 million into the pockets of local construction" and create many permanent jobs.

City staff asked for time to draw up the paperwork and check it, hence Monday's special planning meeting.

Committee members waived the issue through Monday. If the project is approved into two parts, one portion would be near Wellington and South streets, including a 26-storey residential, retail and health-care building.

The second part — the one that's upset some property owners — would be 18 storeys of residential, with 78 retirement lodges, 130 nursing-home units and 65 townhouses. It would be near South and Waterloo streets.

MIKE DONACHIE/METRO

‘Cash cards’ offered to Alberta flood victims

Commuter troubles.
Calgary’s LRT tracks suffer damage ‘never seen’ before, official says

JEREMY NOLAIS & ROBSON FLETCHER
Metro in Calgary

Alberta’s premier pledged an extra $1 billion Monday on top of $200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

“I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities,” Alison Redford told reporters in Calgary.

Water began spilling over banks in Alberta on Thursday, affecting nearly 30 communities through the weekend and into Monday.

Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing to evacuees in a matter of 48 hours in the form of “cash cards” to help people who may have fled their homes without access to banking, Redford said.

She said the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

Those who qualify will receive $1,250 per adult and $500 per child.

Federal Immigration Minister Jason Kenney also said the Conservative government was in contact with the insurance industry about damage sustained in the flooding and the hope is companies will respond in “an appropriate way.”

WITH FILES FROM THE CANADIAN PRESS

A cyclist and road crew survey the washed-out northbound lanes of MacLeod Trail in Calgary on Monday.
THE CANADIAN PRESS

Restoring downtown

Major power grid likely out till Tues.

In Calgary focus shifted to restoring the downtown core, but the power grid likely won’t be restored until Tuesday evening, officials said.

Even when work does restart, the city faces the prospect of operating without its south LRT transit line, which sustained damage “never seen” before as water rushed into the city on Friday, said Calgary Transit director Doug Morgan.

As well, two tunnels along the line continue to be partly submerged and must be completely pumped before damage assessments can be done.

Morgan said officials were gunning to reopen the line in time for the start of Calgary Stampede on July 5.

But the lasting effects of damage in smaller communities will be felt much longer, Premier Alison Redford warned. “When we talk about what’s going to happen, we’re talking about a 10-year plan. And we’re committed to make sure that we take that time to do it right.”

Mariner of sunken passenger ferry gets 4 years

Karl Lilgert, navigator of the Queen of the North, leaves the law courts in Vancouver last month. THE CANADIAN PRESS

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths of Gerald Foisy and Shirley Rosette, who vanished when the Queen of the North missed a routine turn and collided with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert’s relationship with quartermaster Karen Briker — who was the only other crew member on the bridge when the ship struck land — was a significant factor in the crash.

It was their first time working alone together since their relationship ended several weeks earlier, and the intimate details of the affair were laid bare during the trial.

“Clearly, he was distracted by personal issues related to his relationship with Ms. Briker,” Stromberg-Stein said as she read her sentencing decision on Monday in B.C. Supreme Court.

“I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job.”

Last week, the Crown recommended a six-year prison term, while the defence asked for a conditional sentence with no time in custody. Lilgert’s lawyer has already indicated that he plans to file an appeal of the conviction.

Data recovered from the ship’s navigation system showed the ferry made no turns and took no evasive action as it approached Gil Island, which one expert witness described as a “catastrophic dereliction of duty.” THE CANADIAN PRESS

Cause?

The Crown alleged Lilgert was distracted, possibly by the presence of Briker. Both Lilgert and Briker insisted there were no hard feelings and that the affair had nothing to do with the sinking. The Crown accused Lilgert, who testified in his own defence, of either arguing with Briker or having sex with her as the ship sailed on its collision course — both of which Lilgert denied.

Calgary flooding

Prince William sends royal sympathies

On Monday, Prince William and his wife wrote Prime Minister Stephen Harper to pass along their sympathies. “Catherine and I have been saddened to learn of the deaths and destruction caused by the unprecedented flooding throughout the province of Alberta,” said the note released by Harper’s office. THE CANADIAN PRESS

The Duke and Duchess of Cambridge at the Calgary Stampede in 2011.
THE CANADIAN PRESS

‘Modest fixed amount’

Tory MPs seeking $355K from voters who launched robocalls court case

Seven Conservative MPs are seeking a combined $355,907 from a group of voters who went to court and lost their bid to overturn election results in their federal ridings because of misleading robocalls. A document recently filed in Federal Court says the Tories are asking for a “modest fixed amount” in legal fees plus disbursements.

The Conservative MPs — Joyce Bateman, Kelly Block, Lawrence Toet, Jay Aspin, John Duncan, Ryan Leef and Joe Daniel — say they are asking for far less money than they could have sought.
THE CANADIAN PRESS

‘Baby Mile’ Sask.?

String of births on the same highway

A strip of highway near Saskatoon could be renamed the “Baby Mile,” as three infants have been delivered on the road in the past 2 1/2 months with the help of 911 dispatchers.

According to MD Ambulance, the third baby was born at 5:15 a.m. on Saturday on Highway 16 East.

“Lately it seems that we are having a lot of babies delivered on the highway or at the homes of the parents. There is no real explanation for it,” spokesman Troy Davies said.

All three of the births occurred near Clavet, Sask., about 25 kilometres east of Saskatoon. MORGAN MODJESKI/ METRO IN SASKATOON

Berlusconi convicted in sex-for-hire trial

Possible end of political career. The former Italian premier, 76, was sentenced to seven years in prison, but plans to appeal

In this file photo taken in 2009, then-Italian Premier Silvio Berlusconi gestures as he attends a meeting in Milan. A Milan court has convicted Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then trying to cover it up. ALBERTO PELLASCHIAR/THE ASSOCIATED PRESS

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex.

His lawyer, Niccolo Ghedini, immediately announced an appeal and said the sentence was unjust.

"This is beyond reality," Ghedini told reporters outside the courthouse. The sentence was even stiffer than the six-year prison term and lifetime ban on public office that prosecutors had originally requested.

"I'm calm because I've been saying for three years that this trial should never have taken place here," Ghedini said.

The charges against the billionaire media mogul stem from the "bunga bunga" parties in 2010 at his mansion near Milan, where he wined and dined beautiful young women while he was premier. He says the dinner parties were elegant soirees; prosecutors say they were sex-fuelled parties that women were paid to attend.

Neither Berlusconi nor the woman at the centre of the case, Karima el-Mahroug, better known by her nickname Ruby, have testified in this trial. El-Mahroug was called by the defence but failed to show on a couple of occasions, delaying the trial. Berlusconi's team eventually dropped her from the witness list.

THE ASSOCIATED PRESS

Leaker. Obama assumes Snowden is still in Russia, wants him expelled

The empty seat on a Havana-bound flight that an official said was booked in the name of Edward Snowden. MAX SEDDON/THE ASSOCIATED PRESS

The U.S. assumes National Security Agency leaker Edward Snowden remains in Russia, and officials are working with Moscow in hopes he will be expelled and returned to America to face criminal charges, President Barack Obama's spokesman said Monday. He declared that a decision by Hong Kong not to detain Snowden has "unquestionably" hurt relations between the United States and China.

Snowden left Hong Kong, where he has been in hiding, and flew to Moscow but then apparently did not board a plane bound for Cuba as had been expected. His whereabouts were a mystery. The founder of the WikiLeaks secret-spilling organization, Julian Assange, said he wouldn't go into details about where Snowden was but said he was safe.

Snowden has applied for asylum in Ecuador, Iceland and possibly other countries, Assange said.

Obama, asked if he was confident that Russia would expel Snowden, told reporters: "What we know is that we're following all the appropriate legal channels and working with various other countries to make sure that the rule of law is observed."

Obama's spokesman, Jay Carney, said Monday the U.S. was expecting the Russians "to look at the options available to them to expel Mr. Snowden back to the United States to face justice for the crimes with which he is charged."

THE ASSOCIATED PRESS

U.K. Reports cops tried to smear murder victim's family 'horrific': Cameron

British Prime Minister David Cameron called Monday for an immediate investigation into allegations that an undercover police officer was ordered to smear the reputation of the family of a murdered black teenager.

The Guardian newspaper published claims Monday that the officer infiltrated anti-racism protest groups to gain information that could discredit the family of 18-year-old Stephen Lawrence.

"To hear that, potentially, the police that were meant to be helping them were actually undermining them — that's horrific," Cameron said in Downing Street.

Lawrence was stabbed in 1993 and an ensuing inquiry found the Metropolitan Police "institutionally racist" in its response to the killing.

THE ASSOCIATED PRESS

U.S. boss held hostage by workers in China

Chip Starnes looks out from a window after he was held hostage by workers Monday. ANDY WONG/THE ASSOCIATED PRESS

An American executive said Monday he has been held hostage for four days at his medical supply plant in Beijing by scores of workers demanding severance packages like those given to 30 co-workers in a phased-out department.

Chip Starnes, 42, a co-owner of Coral Springs, Fla.-based Specialty Medical Supplies, said local officials had visited the 10-year-old plant on the capital's outskirts and coerced him into signing agreements Saturday to meet the workers' demands even though he sought to make clear that the remaining 100 workers weren't being laid off.

The workers were expecting wire transfers by Tuesday, he said, adding that about 80 of them had been blocking every exit around the clock and depriving him of sleep by shining bright lights and banging on windows of his office. He declined to clarify the amount, saying he wanted to keep it confidential.

"I feel like a trapped animal," Starnes told The Associated Press on Monday from his first-floor office window, while holding onto the window's bars. "I think it's inhumane what is going on right now.... I would never have thought in my wildest imagination something like this would happen."

THE ASSOCIATED PRESS

Sexual violence

Jolie urges UN Security Council to end rape in war

Actress Angelina Jolie is making her debut before the UN's most powerful body as a special envoy for refugees and urging the world's nations to make the fight against rape in war a top priority.

THE ASSOCIATED PRESS

Possible clash

Pakistan plans to put Musharraf on trial for treason

Pakistan's prime minister said Monday that the government plans to put the military ruler, Pervez Musharraf, who ousted him in a coup over a decade ago, on trial for treason, setting up a possible clash with the country's powerful army.

THE ASSOCIATED PRESS

Department stores. HBC said to be interested in buying U.S. retailer Saks

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The stores would also likely stay open under the Saks name.

THE CANADIAN PRESS

Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. THE ASSOCIATED PRESS FILE

Design your own doughnut. Jason Priestley will help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The competition offers a $10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Duelling Donuts.

Priestley had a cameo in an episode of the sitcom How I Met Your Mother last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called the Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut.

Tim Hortons says it hopes to find similarly original doughnut ideas, asking the public to try to beat the Priestley.

Faux doughnut

The Priestley TIM HORTONS

- The Priestley, a fictional doughnut featured on an episode of How I Met Your Mother, was a chocolate Timbit stuffed inside a strawberry-vanilla doughnut.

Priestley and a panel of other judges will choose eight finalists from the entry pool, open until July 21, before the public votes on a winner in August. THE CANADIAN PRESS

Detroit

2 U.S. McDonald's stop selling halal food after lawsuit

The only two McDonald's restaurants in the U.S. that serve food prepared according to Islamic law have stopped doing so.

The company and a Michigan franchise owner agreed to a $700,000 US legal settlement in April after a customer sued.

The firm said the locations in the Detroit suburb of Dearborn, which has a large Muslim population, no longer offer a halal McChicken sandwich or Chicken McNuggets "to focus on our national core menu." THE ASSOCIATED PRESS

Toronto

Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of internal challenges. Staff were told last week layoffs were coming. THE CANADIAN PRESS

New York

New Samsung tablets mimic Galaxy phones

Samsung is making its tablet computers look more like its hit Galaxy phones. The three new tablets in the Galaxy Tab 3 series go on sale in the U.S. on July 7. THE ASSOCIATED PRESS

Market Minute

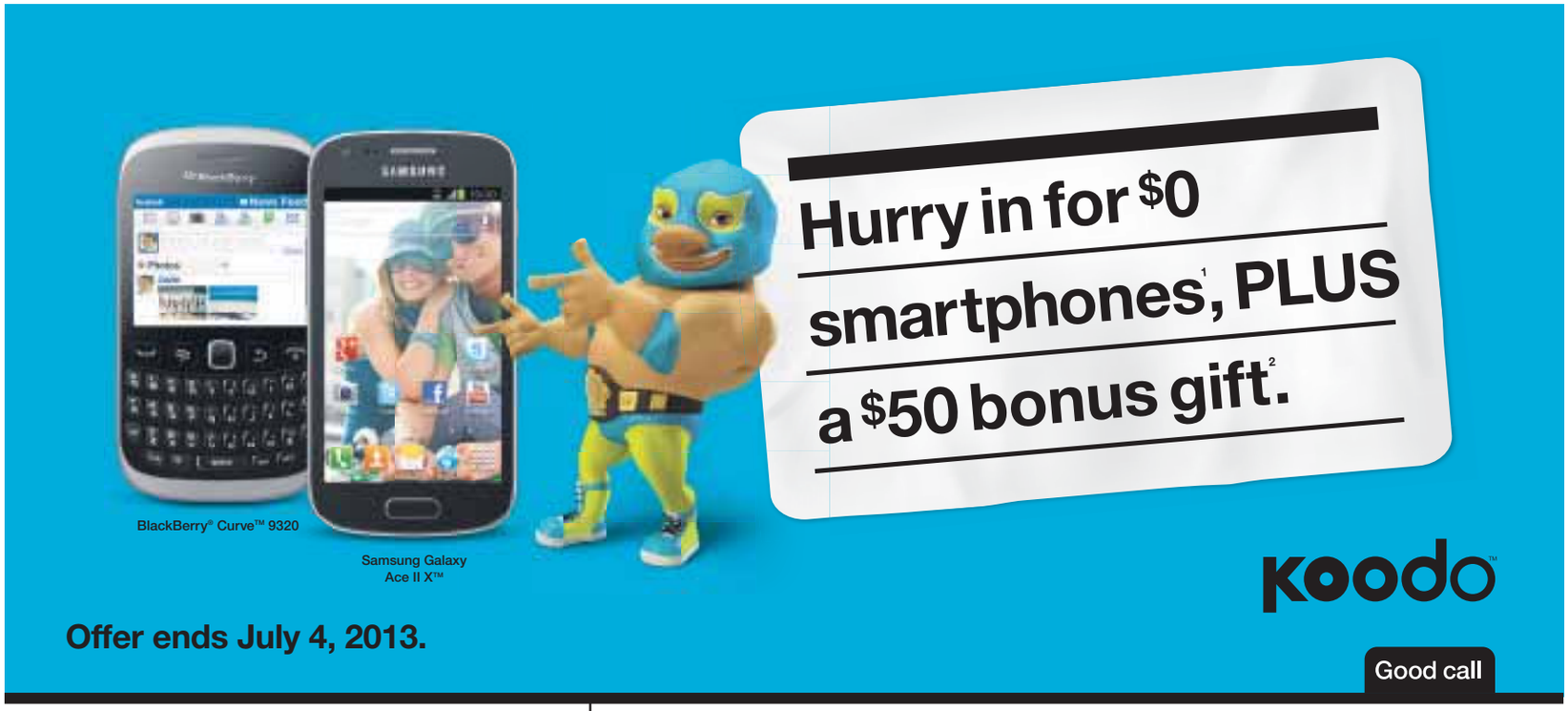
DOLLAR 95.37¢ (-0.27¢)

TSX 11,836.86 (-158.80)

OIL $95.18 US (+$1.49)

GOLD $1,277.10 US (-$14.90)

Natural gas: $3.74 US (-3¢)
Dow Jones: 14,659.56 (-139.84)


Hurry in for $0 smartphones[1], PLUS a $50 bonus gift.[2]
BlackBerry® Curve™ 9320
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Good call

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Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

KIMYE PUT DAUGHTER ON THE MAP

SHE SAYS

Jessica Napier
metronews.ca

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their firstborn. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jolie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Thanks for the lift through London

JEFF MOORE

Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. METRO

Q and A

It's 'impossible to explain,' he says

DYNAMO
Real name: Steven Frayne, 30, magician, from Bradford, northern England

Levitating on an iconic London red bus: How did it feel?
It was the best perspective I have ever had of London. I could see all the great landmarks but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

How did the public respond on the street? I could imagine a poor old lady getting a big shock ...
(Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular with the older generation.

Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...
No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

BRENDA STARR/FLICKR

A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:

Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike The Moth. Except completely unlike The Moth in that it's frequently crude, embarrassing and strangely relatable.

True Story

Taking place on a stage of themed dinner parties, True Story tends to be a little more emotionally raw when compared to the antics of Risk!, but that doesn't mean there isn't room for the occasional tale of underwear-related struggles.

On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

Comments

RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

Donna posted to metronews.ca

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

Mandy posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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SCENE 2

Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE
Metro World News in New York

Brad Pitt

Age: 49
First blush: A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his A River Runs Through It. That was off the heels of his Thelma and Louise breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.
Today: A special effects team didn't have to work too hard to make him look 20ish late in Benjamin Button.

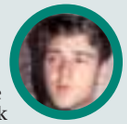
George Clooney

Age: 52
First blush: The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on Facts of Life and a scene stealer on Roseanne. It wasn't until E.R., at 33, that he became a sex god. By his 40s he had fully embraced the Cary Grant persona.
Today: Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.

Will Smith

Age: 44
First blush: He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.
Today: He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.

Russell Crowe

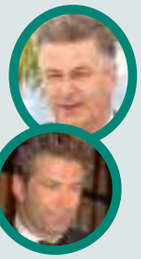


Age: 49
First blush: The Aussie didn't completely break through into America until Gladiator at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's Proof.
Today: Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.

Kevin Costner

Age: 58
First blush: At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.
Today: He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.

Alec Baldwin



Age: 55
First blush: For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in The Getaway with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.
Today: Like Russell Crowe, he got even better once he put on some weight. In an episode of 30 Rock, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.

Denzel Washington

Age: 58
First blush: An actor as attractive as he was talented, he was cited in the En Vogue/Salt-n-Pepa song Whatta Man as having the ideal face (though a Schwarzenneger body would have made the package perfect, apparently).
Today: We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.

Michael Douglas

Age: 68
First blush: The son of Hollywood royalty, Douglas was the young co-star of The Streets of San Francisco, but didn't really come into his own until middle age.
Today: Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer Liberace opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).

Harrison Ford

Age: 70
First blush: Even before Star Wars, he was a scruffy-looking go-getter, who stole bits of American Graffiti.
Today: He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in Morning Glory and 42, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.

DVD reviews

The Incredible Burt Wonderstone

Director. Don Scardino

Stars. Steve Carell, Steve Buscemi, Jim Carrey

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of The Incredible Burt Wonderstone. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's 30 Rock) and scripted by Horrible Bosses writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laugher, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

No

Director. Pablo Larrain

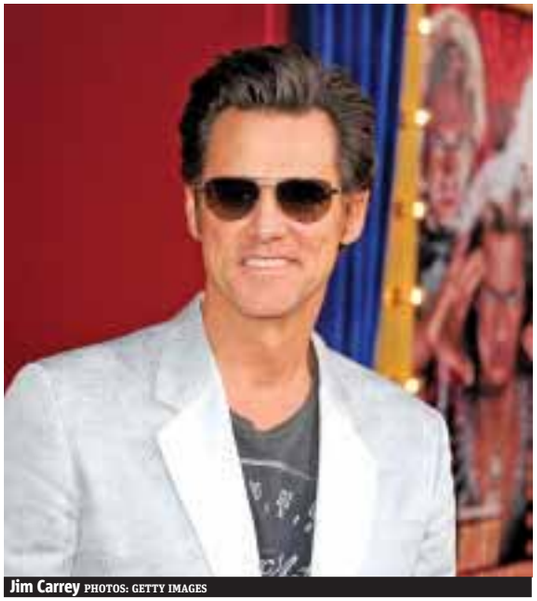
Stars. Gael Garcia Bernal, Alfred Castro

Gael Garcia Bernal plays a Chilean version of Mad Men's advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larrain's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to No. Extras include a commentary with Gael Garcia Bernal and Larrain.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Jim Carrey PHOTOS: GETTY IMAGES

Carrey doesn't think his new film is Kick-Ass

Jim Carrey is publicly distancing himself from his upcoming super-violent comic book film, Kick-Ass 2 in light of his recent anti-gun stance. "I did Kick-Ass a month (before) Sandy Hook and now in good conscience I cannot support that level of violence," Carrey posted to Twitter, referencing the Newtown, Conn., elementary school shooting that left 26 dead. "My apologies to others (involved) with the film. I am not ashamed of it, but recent events have caused a change in my heart."

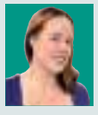
George Lucas and Mellody Hobson

May the force be with these happy newly weds

George Lucas married Mellody Hobson in Marin County, Calif., according to People magazine. The ceremony, which was officiated by Bill Moyers, took place on the Star Wars mogul's Skywalker Ranch. Lucas and Hobson began dating in 2006 and were engaged in January. He was previously married to film editor Marcia Lucas from 1969 to 1983.

The Word

At least Kanye and Kim's daughter has some direction



THE WORD
Dorothy Robinson
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their 'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?

Justin Bieber

Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says. "Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.

Will Smith

Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but he'd also be too much of a marquee name," Emmerich says.

Twitter

@Pink
I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.

@kirstiealley
this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins

@TheRealNimoy
Alaska. First time here since 1972. Great people. Amazing state.

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Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers five super simple moves to help you fix some common issues

ROMINA MCGUINNESS

I have a tummy roll and back fat

Do side-to-side mountain climbers
Get into it: Start off in plank (elbows and knees on the ground, hands locked together. Straighten your legs and raise your body, using the balls of your feet for support and keeping your legs hip-distance apart). Bring your right knee to your left elbow, go back and immediately switch sides, bringing your left knee to your right elbow. Staying in plank, shuffle to the left and repeat the exercise. Now shuffle to the right and repeat. Do 10 reps, two to three sets, two to three times a week.
Benefits: Crunches work the core, but add an element of cardio to your strength training, to shave off fat.

My thighs touch and get sandy, giving me a rash.

Do side-to side-lunges
Get into it: Stand with your feet parallel and hip-with apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.
Benefits: This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.

My arms jiggle.

Do a one-arm bicep curl followed by a one-arm tricep kickback
Get into it: Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week
Benefits: This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

I have a flat, saggy bum.

Do bear crawl butt squeezes
Get into it: When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.
Benefits: This will firm and tighten your bum by firing up your glutes.

Smart nutrition

What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

Man boobs

Do chest presses
Get into it: Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only (you want to stand in a flamingo position), bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week
Benefits: No man boobs.

Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT
life@metronews.ca

The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

AVEDA SUN CARE HAIR AND BODY CLEANSER $21, AVEDA.COM

The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.

KIEHL'S CROSS-TERRAIN FACE PROTECTOR SPF50 $26, KIEHLS.COM

City break

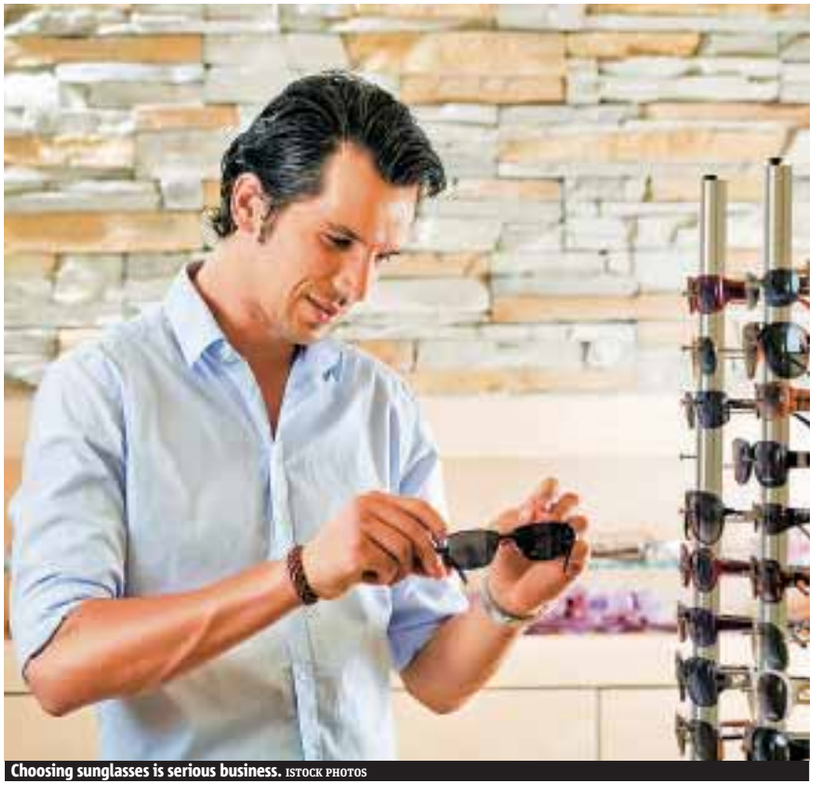
The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.

ANTHONY NATURAL ADVANCED FORMULA LIP BALM SPF 25 $8, ANTHONY.COM

Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.

SHISEIDO ULTIMATE SUN PROTECTION LOTION+ SPF 50 $39, SHISEIDO.COM



Choosing sunglasses is serious business. ISTOCK PHOTOS

Don't be shady, wear the right sunglasses

Eye care. It's not just about what looks good — make sure your sun protection is actually protecting you

When it comes to eye health, most damage comes from UV light. During summertime, when we spend more time outside, the risk greatly increases.

"Sunlight literally cooks the retina," says optometrist Dr. Rupe Hansra, LensCrafters' senior director of eye care. "Over time, it becomes yellow and hard, and we begin to lose good vision."

Wearing sunglasses year-round protects the retina from damaging UVA and UVB light and can help delay the onset of cataracts, macular degeneration and even basal cell carcinomas on the eyelids.

Need to know

Getting pupil pointers

- **Report.** A report from the Healing The Eye and Wellness Center in Florida said that sunglasses harm vision by interfering with pupil dilation, which happens naturally to protect the macula. But you shouldn't worry, Dr. Hansra says. "As long as you have sunglasses with UV 400 protection, pupil dilation isn't a concern."

"The most common part of the body for skin cancer is the tip of the nose," Hansra says. "The second is the lower eyelid, which is very delicate and susceptible to sun damage."

So how do you choose a good pair? Here are Hansra's tips.

Just like sunscreen, look for a number

"For eye protection, a label that says UV 400 is what people should look for on sunglasses," he says.

Not sure about your glasses' protection level? Your local optometrist can test the UV prescription.

Size counts

"Typically, bigger is better. Choose large sunglasses that wrap around and block extraneous light coming from the side."

Get 'em polarized

"For driving, everyone should wear polarized sunglasses to cut down glare, which is related to so many accidents. Polarized sunglasses not only save your eyes but could save your life, too." METRO

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The skinny on three recent fad diets

Health issues. Every weight loss method has a pro and con

MEREDITH ENGEL
Metro World News

Waist reducing diets aren't always what they purport to be. ISTOCK PHOTOS

Fad diets come and go.

We got to the bottom of a few of them. Here is what we learned.

The alkaline diet
What it is
Remember the pH scale from chemistry? Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy, lentils, seeds and nuts.

Pro
"Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author of Eating the Alkaline Way. She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other problems.

Con
"I'm promoting the healthiest, most real foods — so if you're eating that way, chances are the acidity of your body will fall into the right place," says Keri Glassman, author of The New You and Improved Diet.

The 5:2 Bikini Diet
What it is
Get a hot bod by cutting calories two days a week (women eat 500 calories per day, men eat 600).

Pro
"By eating only 500 calories two days a week you will not only get bikini-ready in no time and lose up to 14 pounds in four weeks, but you'll also dramatically lower the risk of age-related illnesses," says the book's author, Jacqueline Whitehart.

Con
"The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, a clinical associate professor of nutrition at Boston University.

"There's no way you can safely lose a tremendous amount of weight in a short amount of time."

The blood type diet
What it is
Your blood type is thought to have an impact on your digestive system — some fare better on plant-based or low-carb diets..

Pro
"If, God forbid, you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout.

"On that level, (though) less intense, if you don't eat the correct foods, nor exercise the correct way, you're not gonna yield as good results."

Con
"The foods suggested are healthy; however ... any diet that promotes restricting food groups will be hard to sustain in the long run," says author of The Small Change Diet Keri Gans.

Need to know tip

The only weight loss advice you'll ever need

- **Quote.** "When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady pace," Blake says. "If you need to lose weight, set your goal for losing for 10 per cent of your body weight over six months. It takes into (account) where you're starting at; somebody losing 100 pounds is gonna be able to do it a little faster."

Summer allergens can trigger children's allergies or asthma. ISTOCK PHOTOS

Summer paradise, without the allergies, asthma and achoos

Bless you! Kids don't need to be kept inside — just be careful where you bring pollen and dust mites

ALISON BOWEN
Metro World News

They are so small you can't even see them, but beginning later this month, they might be your child's worst enemy.

Allergens like pollen and dust mites get worse during the summer, starting in late June, says Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy. These can trigger children's allergies or asthma.

Ozone helped along by a warm city creates high ozone levels in July and August.

Many city buildings might have a cocktail of allergens, too, he says — including dust or the even-more-unpleasant mice, rats and cockroaches.

"If you look at a (older) building, they've been there longer than you," Mainardi notes.

Kids don't need to be sealed away from outside allergens, either, he says — just be careful not to bring them into bed when you get home.

For example, if a child has been playing in the park all day, don't let them strip off those clothes and lay them on the bed. Keep shoes outside the bedroom, too.

"Those are impregnated with pollen," Mainardi says.

And keep an eye on when ozone is high — for example, the early afternoon is when levels are at their peak.

"When you have high sunlight and high traffic, that's when you have high ozone," he says.

Air conditioners help filter air and keep out humidity, Mainardi advises.

And if nothing else?

"Dunk them in the shower before they go to bed at night," he says. "It's really the super simple things."

Keep them clean

"Dunk them in the shower before they go to bed at night. It's really the super simple things."

Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy, on keeping kids from suffering through allergies and asthma

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–SATOJOKO, CHICKADVISOR.COM

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Model Portrayal | © Procter & Gamble, Inc., 2013

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World's eligible elite

There is still hope for those longing for a royal romance, as today's young and eligible aristocracy are mingling with the rest of us
METRO

ALL PHOTOS GETTY

The Designer

Princess Sirivannavari Nariratana of Thailand
Sirivannavari is the 26-year-old granddaughter of the reigning King of Thailand Bhumibol Adulyadej,
Family fortune: $30B
Interest: Badminton. Siri took home a gold medal in the 2006 Southeast Asian Games.
Likely haunt: The Grand Palais — venue for Paris fashion week.

The Party Boy

Prince Azim of Brunei
Azim, 30, loves lavish parties. His 2009 b-day party was dubbed party of the year, with guests including Janet Jackson, Mariah Carey and Sophia Loren.
Family fortune: $5B
Interest: Designing bags. Azim has made unisex bags for luxury leather goods group MCM.
Likely haunt: Stapleford Park country house hotel, England — his party venue.

The Actress

Princess Theodora of Denmark and Greece.
Daughter of deposed Greek King Constantine II and Anne-Marie of Denmark, the 30-year-old is a bubbly blond who's hoping to crack Hollywood.
Family fortune: $15M
Interest: Acting: Theodora also enjoys hanging out with La-la Land's social and cultural elite.
Likely haunt: CBS Studios, L.A — where The Bold and the Beautiful is made.

The Army Man

Prince Harry of Wales
Harry may have once worn a Nazi Youth outfit at a party and he was photographed naked in Las Vegas, but he's a loyal soldier who fought in Afghanistan.
Family fortune: $42.5M
Interest: Polo. Harry loves to show off his talent at charity polo matches.
Likely haunt: Mahiki nightclub in London's swanky Mayfair district.

The Fashion Writer

Elisabeth von Thurn und Taxis
Genteel socialite-cum-fashion blogger Elisabeth of the German Thurn und Taxis House has the princely role of style editor at large at Vogue.
Family fortune: $2.3B
Interest: Writing: And her ancestors are even credited with inventing Europe's postal service.
Likely haunt: The Beatrice Inn – celebrity hangout in Manhattan.

The Businessman

Prince Lorenzo Borghese
The 40-year-old is a shrewd businessman, leading a luxury cosmetics line for pets. He also starred as the featured single man on U.S. dating TV show The Bachelor.
Family fortune: $50M
Interest: Animals. Lorenzo loves to bathe pets with pricey organic products from Italy.
Likely haunt: Royal Pet Club – his company based in Bernardsville, New Jersey.

The one and only! No siblings? No problem

Non-fiction. Those stereotypes of only children are totally untrue, says author Lauren Sandler

DOROTHY ROBINSON
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlies with her new book, One and Only: The Freedom of Having an Only Child, and the Joy of Being One. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.

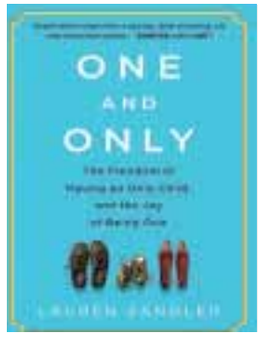
"One day, I got an email from a friend that said, 'I'm pregnant with my second child, and I know how you feel about this.' And I thought, 'I don't know how I feel,'" recalls Sandler, a journalist who writes on cultural politics and women's issues. "Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything."

What Sandler found was "stunning": "Hundreds of studies over decades found that our stereotype of lonely children is totally untrue," she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), One and Only lays it out there: If you decide to only have one child, you aren't "ruining" that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she's not saying that having one is the best choice; only that it is a valid choice, and one that parents don't think they can make without seeming selfish or withholding.

"If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn't feel like they had to?" she asks. "Don't have another kid just because you think you're gonna avoid screwing up your first kid if you do."



Clear out, clean up and make some money – a very appealing prospect!

Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

1. Advertise it
Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

2. Stage it
A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

3. Clean it
Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

4. Price well
Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

5. Use bait
Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Laugh in the face of volatility with these tips

Ask any financial advisor and they'll tell you that it's never too early to create a solid financial plan, regardless of whether you're in your 20s, 30s, or even 40s.

The idea is to set the plan in motion. But after the market instability of the last several years, many people remain uneasy. What's the best way to give your money a chance to grow?

The experts from Desjardins Group suggest that while there are risks associated with investing, they are manageable if you know how to overcome potential setbacks.

What's your biggest risk? Volatility
This is caused by market fluctuations. For example, volatility is caused when prices on the market swing high and then low in quick succession.

During these periods, the strong upturns followed by strong downturns sometimes lead to short-term gains or losses in your investments. By talking to a qualified financial advisor, you can identify your risk tolerance and invest in suitable financial products that will grow your capital even in periods of high volatility.

It's time to create a solid financial plan. ISTOCK IMAGES

Setting your priorities
Start by being honest with yourself. Are you carrying too much debt? Would you have cash on hand in case of emergency? Having the full picture of your financial situation will put you in a better position to achieve your goals.

Become a super-saver
Get into the habit of forcing yourself to save. While this takes discipline at first, you'll appreciate the effort you put in when an emergency arises like an illness, accident or a job loss. Usually, a good emergency fund is the equivalent of three months' worth of living expenses.

Begin by saving the equivalent of one month's groceries. With each paycheque, put aside one to 10 per cent into a separate account — like a TFSA. And remember: it's more important that you're saving than the total amount that you're saving each month.

Time's on your side
The impact of volatility on your savings depends on your investment horizon. In other words: the longer you have to invest, the more likely you'll be protected from market shifts, which will allow you to save more.

So it's important to stay on course — no matter what the market is doing. With proper planning, you have reasonable assurance that you can achieve your goals over the target period, despite occasional market downturns.

Diversification
Basically, it's all about making sure that your investments are well balanced to protect yourself against volatility.

With an advisor's help, look into savings products that offer protection against volatility. NEWS CANADA

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BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

"Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease," says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. "They suffer in silence and, often, we don't realize they are in pain until it becomes a very big problem.

"The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss."

One good way to ensure your dog's mouth stays healthy is daily brushing. Occasional brushing is actually counterproductive because "it smoothes tarter, making it more difficult to remove. And if your dog's mouth is sore, it will make him reluctant to have his teeth brushed," French says.

Also, regular veterinary checkups will ensure that your dog's mouth is healthy. Even if you brush your dog's teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn't possible to do the job properly without anaesthesia.

"While it may be possible to remove some tartar buildup on the outside surfaces, it isn't possible to effectively clean and polish areas below the gum line or on the inside of the teeth," French says. "And pet owners shouldn't try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly."

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog's teeth clean and gums healthy. Depending on your dog's oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog's teeth and gums healthy and its breath fresh.

STOCKLITE/VEER

DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

GRASS

"Especially in spring and summer when the grass is fresh, grass tastes good to dogs," says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

"Sometimes if the grass doesn't agree with a dog, she'll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting."

In summation, if your dog loves grass, that's fine. If its reaction to eating grass it to vomit, that's probably OK. But if it continues, better see your vet.

AVAVA/VEER

GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds, onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

"Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage," Bryer says. "Also, mould from garbage can have toxins that can cause dogs to have tremors or even seizures."

TABLE SCRAPS

Most dogs love to eat food off your table.

"Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them," Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that's the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

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BRIGHT Spot

SHINING A LIGHT ON GREAT INNOVATION

AVAILABLE AT TARGET

Play the role of BBQ hero with a Smoked Pork Tenderloin

This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Preheat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high and cook until reduced to 1/2 cup (125 ml), about 20 mins.

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low. Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. CHEF RICHARD JULIEN/ DAIRY FARMERS OF CANADA

Ingredients

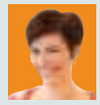
- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper

Fontina Cheese Sauce

- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml grated Canadian Fontina, smoked Gouda or Oka cheese

Health Solutions

Sumac: Not just for shade



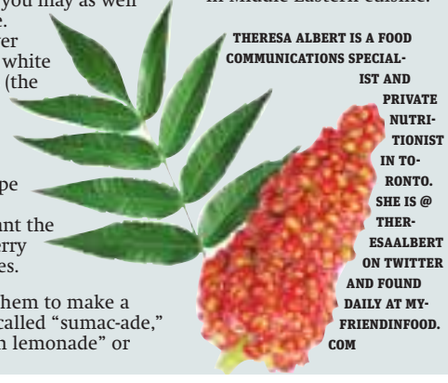
NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

- Use them to make a drink called "sumac-ade," "Indian lemonade" or "rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.
- Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)
- Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Creamy 'Tandoori' Style Shrimp

1. In bowl, whisk cream, yogurt, cilantro, mint, garlic, lemon zest and juice, coriander, paprika, cumin, ginger root, tomato paste, cinnamon, pepper and salt. Reserve 1/4 cup (60 ml); cover and refrigerate.

2. Pat shrimp dry with paper towel; add to marinade and toss to coat well. Cover and refrigerate for up to 6 hours.

3. Preheat grill to medium-high heat. Remove shrimp from marinade. Place on greased grill over medium-high heat; close lid and grill, turning once, until pink, 6 minutes. Place in bowl; stir in reserved marinade. Serve garnished with green onions and lime wedges.

CHEF MICHAEL ALLEMEIER/ DAIRY FARMERS OF CANADA

Ingredients

- 1 cup (250 ml) 35% whipping cream
- 1/2 cup (125 ml) plain yogurt
- 1/4 cup (60 ml) each, chopped cilantro and mint
- 2 cloves garlic, minced
- Finely grated zest and juice of 1 lemon
- 2 tbsp (30 ml) each, ground coriander and paprika
- 1 tbsp (15 ml) ground cumin
- 1 tbsp (15 ml) finely chopped ginger root
- 1 tsp (5 ml) tomato paste
- 1/2 tsp (2 ml) each, ground cinnamon, pepper and salt
- 1 lb (500 g) 16 to 20 shrimp, shelled and deveined
- 2 green onions, thinly sliced
- 1 lime, cut into wedges

Rethink classic Surf and Turf

This Pepper-Lime Flank Steak with Shrimp and Salmon Ceviche recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. To marinate steak, place in nonreactive baking dish. Drizzle lime juice and olive oil over both sides, then season liberally with salt and pepper. Rub seasonings in, then cover and refrigerate.

2. To prepare ceviche, bring saucepan of salted water to a boil. Have bowl of ice water nearby. Add shrimp to boiling water and poach 30 seconds, then use slotted spoon to transfer to ice water. Once shrimp have completely cooled, use the slotted spoon to transfer them to a kitchen towel to dry.

3. Meanwhile, in medium bowl stir lime juice, red onion, garlic, hot pepper, cucumber and corn. Taste, then season with salt and pepper. Add shrimp and salmon, and mix. Cover and refrigerate for 1 hour.

4. After ceviche has chilled for an hour, remove the steak from the refrigerator and let stand at room temperature. Meanwhile, heat the grill to high.

5. Remove ceviche from the refrigerator and stir in the cilantro and avocado. Taste and adjust seasonings.

6. Using oil-soaked paper towel held with tongs, oil grill grates. Season steak with additional pepper, then grill 5 minutes per side for medium-rare. Transfer steak to cutting board and let rest 5 minutes. Cut steak into thin slices across the grain. Divide sliced steak between serving plates, then spoon ceviche over each serving. THE ASSOCIATED PRESS

Ingredients

For the steak

- 1 1/2 lbs flank steak
- 1/4 cup lime juice
- 1/4 cup olive oil
- Kosher salt and ground black pepper

For the ceviche

- 1/2 lb raw large shrimp, peeled and cleaned
- Juice of 5 limes (about 1/2 cup)
- 1/4 small red onion, diced
- 2 cloves garlic, minced
- 1/2 habanero pepper, seeds and ribs removed, minced
- 1/2 cup finely chopped cucumber
- 1/2 cup thawed frozen corn kernels
- Kosher salt and black pepper
- 1/2 pound salmon, cut into 1/4-inch cubes
- 1/2 cup finely chopped fresh cilantro
- 1 avocado, peeled, pitted and cubed

4 SPORTS

Aaron Hernandez

Officers don wetsuits in search near Pats TE's home

Police again searched the area near the home of New England Patriots tight end Aaron Hernandez, a week after his friend's body was found about a mile away.

Some police officers wore wetsuits Monday while searching woods near Hernandez's home, not far from the industrial park where Odin Lloyd's body was found.

Lloyd, a 27-year-old semi-pro football player for the Boston Bandits, was found slain June 17. His relatives said he was dating the sister of Hernandez's fiancée, that the two men were friends and that both men were out together on the last night of Lloyd's life.

THE ASSOCIATED PRESS

NBA

Durant's got 99 problems but an agent ain't one

Kevin Durant has become the first NBA star to sign with Jay-Z's Roc Nation agency.

Durant posted a photo on social media Monday of himself and the rap mogul with the paperwork. Jay-Z became certified as a representative by the NBA Players' Association last week.

A quote attributed to Durant above the picture says he's "grateful for this opportunity with Roc Nation Sports. It's go time."

THE ASSOCIATED PRESS

Going to space

Olympic torch to travel off the map

The Olympic torch has gone underwater at the Great Barrier Reef, flown on the Concorde and even travelled on the back of a camel.

Russia is taking the torch to new heights — space.

As part of a four-month torch relay ahead of the 2014 Winter Games in Sochi, the torch will make its first trip into space using a Soyuz TMA-11M manned spaceship provided by the Russian Federal Space Agency, organizers said Monday. THE ASSOCIATED PRESS

Blackhawks lay it on the line for championship glory

The Bruins' David Krejci moves the puck against Jonathan Toews and Brent Seabrook of the Blackhawks in Game 6 of the Stanley Cup final on Monday in Boston. The Blackhawks went into the contest with a 3-2 series lead. For the story, go to metronews.ca. HARRY HOW/GETTY IMAGES

Leafs taking chance on Bernier's upside

Between the pipes. Buds hope former King can develop into the prospect they traded away in 2006

Jonathan Bernier won a Stanley Cup with the Kings in 2012. GETTY IMAGES FILE

The Toronto Maple Leafs don't know for sure if Jonathan Bernier will be a franchise goaltender. But they acquired the 24-year-old from the Los Angeles Kings with hopes of finding a long-term solution at the position.

"There's always a gamble when you're taking a young player, but we felt that the gamble was worth taking with the upside that we think that Jonathan has," Maple Leafs general manager Dave Nonis said.

Seven years ago Monday, the Boston Bruins took a gamble, too. They sent veteran goalie Andrew Raycroft to Toronto for the rights to first-round draft pick Tuukka Rask.

Now, Rask is in the Stanley Cup final with the Bruins while the Maple Leafs go into to the off-season hoping that a tandem of Bernier and James Reimer can get the job done.

"We feel we've got two of the top young goaltenders in the league right now," Nonis said. "I don't think you can be deep enough at that position."

Former Leafs GM John Ferguson Jr. was dealing from depth in 2006. Prospect Justin Pogge had just finished a season with the Calgary Hitmen of the Western Hockey League in which he went 38-10-6 with a 1.72 goals-against average and .926 save percentage, and 26-year-old Mikael Tellqvist was also in the system.

Rask was the Maple Leafs' pick at No. 21, and though he was ranked high, he represented something of an unknown. So much so that when the Raycroft trade happened, Bruins interim GM Jeff Gorton considered taking forward Jiri Tlusty instead.

"It was like Tlusty or Rask for Raycroft," said Peter Chiarelli, who became Boston's GM in July 2006. "There was a lot of discussion at both ends about it. It was decided that it would be Rask from Boston's end."

Raycroft gave up the most goals in the NHL in 2006-07 and lasted only two seasons in Toronto. Rask was Tim Thomas's backup on Boston's 2011 Cup-winning team and is now a legitimate elite goaltender.

At the tale end of a long playoff run with the Bruins, the trade is far from Rask's mind.

"I was just happy to be part of any organization at that point," Rask said. "Maybe they saw something."

THE CANADIAN PRESS

Rafael Nadal wipes himself with a towel during a break in his first-round singles match against Steve Darcis at Wimbledon, Monday. Nadal was upset by the 135th-ranked Belgian. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Nadal makes no excuses in 1st-round upset at Wimbledon

Tennis. Belgian Steve Darcis becomes the lowest-ranked player to beat Spaniard at any tournament since 2006

For the second straight year, Rafael Nadal is leaving Wimbledon early after a stunning loss to a little-known player ranked in the hundreds.

In one of the tournament's greatest upsets, an ailing Nadal was knocked out in straight sets Monday by 135th-ranked Steve Darcis of Belgium — the Spaniard's first loss in the opening round of any Grand Slam event.

The free-swinging Darcis defeated the two-time champion 7-6 (4), 7-6 (8), 6-4 on Court 1, ending Nadal's 22-match winning streak and eliminating one of the Big Four of men's tennis on the very first day of the grass-court Grand Slam.

After serving an ace down the middle on match point, Darcis conceded he was as surprised as everyone.

"Nobody was expecting me to win," he said. "So I had to play a good match, relax and enjoy the game. That's what I did."

There were no surprises for the other big names: Defending champion Roger Federer, bidding for a record eighth Wimbledon title, and second-seeded Andy Murray both won in straight sets on Centre Court.

Nadal was sidelined for seven months with a left knee injury after losing in the second round of Wimbledon last year. He seemed to be struggling physically Monday. He was unable to turn on the speed or use his legs to spring into his groundstrokes, limping and failing to run for some shots.

Nadal declined to blame any injury and gave full credit to the 29-year-old Darcis, who had never beaten a top-five player before and has yet to go beyond the third round of any Grand Slam.

THE ASSOCIATED PRESS

Another early exit

"Only thing that (I) can say today is congratulate Steve Darcis. He played a fantastic match. Everything that I will say ... about my knee is an excuse." Rafael Nadal

Canadians

It was a successful start to Wimbledon for Canadians Eugenie Bouchard and Vasek Pospisil.

- Bouchard, a Montreal native, rallied to defeat Galina Voskoboeva of Kazakhstan 5-7, 7-6 (5), 6-4 on Monday in her Wimbledon main draw debut. "I came close to losing but I was able to fight my way back. I'm happy for that," she said.
- Later in the day, Vancouver's Pospisil, ranked No. 99, beat 131st-ranked Marc Giquel of France 6-3, 6-2, 7-6 (3).

Eugenie Bouchard serves at Wimbledon. THE ASSOCIATED PRESS

Raging Bull? Cops call in Pippen after fan popped

Former Chicago Bulls star Scottie Pippen was questioned Monday about a fight that occurred over the weekend between him and an autograph-seeker outside a Malibu restaurant, authorities said.

Pippen came in voluntarily to a substation after he was named as a suspect in an investigation of an assault with intent to commit great bodily injury.

Pippen, 47, was co-operating with the investigation, sheriff's spokesman Steve Whitmore said.

The victim was taking pictures inside Nobu restaurant late Sunday while Pippen dined with his family, said sheriff's Capt. Patrick Davoren.

When Pippen went outside to the parking lot, the man continued to take pictures and sought the Hall-of-Famer's autograph, Davoren said.

Former NBA star Scottie Pippen was questioned by police after an assault in Malibu. THE ASSOCIATED PRESS FILE

An argument ensued that led to the altercation, investigators said.

The man was taken to a hospital with a head injury and was treated and released.

Investigators were interviewing several witnesses who apparently saw what transpired. Criminal charges could be filed.

"Right now it's under investigation," Whitmore said. "We have to interview everybody to find out what happened."

Nobu has been a Malibu mainstay for nearly 15 years and is frequented by celebrities. The restaurant recently moved to a beachfront location that offers views of the Pacific Ocean from nearly every seat.

Inducted into the Basketball Hall of Fame in 2010, Pippen won six NBA titles with Michael Jordan and the Chicago Bulls and was on a list of the league's 50 greatest players announced in 1996.

He is a special adviser to the team's president and chief operating officer. The Bulls declined to comment Monday.

THE ASSOCIATED PRESS

Altercation

"Right now it's under investigation.... We have to interview everybody to find out what happened."

Los Angeles County sheriff's spokesman Steve Whitmore on former Chicago Bull Scottie Pippen's alleged role in an assault Sunday night.

UFC 165

Menjivar to fight in Toronto event

Montreal bantamweight Ivan (The Pride of El Salvador) Menjivar will take on Japan's Norifumi (Kid) Yamamoto at UFC 165 in Toronto.

Menjivar (25-10) is coming off a loss to Urijah (The California Kid) Faber at UFC 157 in February. Menjivar, 31, is 4-2 since returning to the UFC after a stint in the WEC.

The 36-year-old Yamamoto (18-6 with one no contest) has lost all three of his UFC fights — to Vaughan Lee, Darren Uyenoyoma and Demetrious (Mighty Mouse) Johnson.

The main event of the Sept. 21 card at the Air Canada Centre pits light-heavyweight champion Jon (Bones) Jones against Sweden's Alexander (The Mauler) Gustafsson.

THE CANADIAN PRESS

Ivan Menjivar, left, fights Urijah Faber. GETTY IMAGES

Paid the cost to be the Bosh

Chris Bosh of the Miami Heat holds the NBA championship trophy as he rides a float during the victory parade on Monday in Miami, after defeating the San Antonio Spurs in the NBA finals. LeBron James stood atop a double-decker bus with a cigar in his mouth; Shane Battier blew kisses to the crowd; Dwyane Wade raised three fingers aloft; and Chris Andersen flapped his arms in a nod to his "Birdman" moniker. An estimated crowd of 400,000 turned out on a hot, steamy morning where the heat index reached around 35 C near midday.

MARC SEROTA/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

♉ Taurus
April 21 - May 21
Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

♊ Gemini
May 22 - June 21
Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

♋ Cancer
June 22 - July 23
Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

♌ Leo
July 24 - Aug. 23
If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

♍ Virgo
Aug. 24 - Sept. 23
You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

♎ Libra
Sept. 24 - Oct. 23
This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

♏ Scorpio
Oct. 24 - Nov. 22
Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

♑ Capricorn
Dec. 22 - Jan. 20
A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

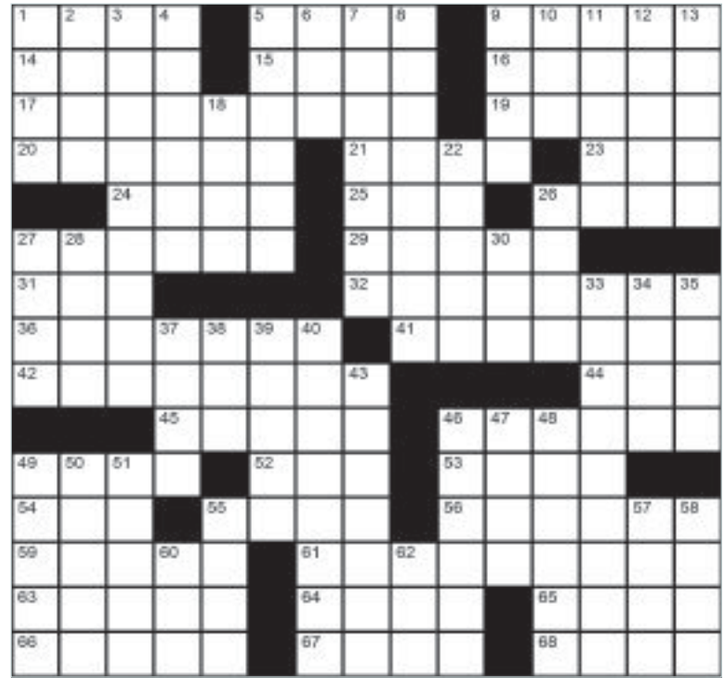
♒ Aquarius
Jan. 21 - Feb. 19
The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

♓ Pisces
Feb. 20 - March 20
Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

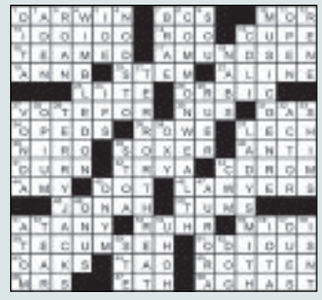
BY KELLY ANN BUCHANAN



Across
1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by __ Young
25. Curly's pal
26. "Guarding __" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad __ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!
52. "A Nightmare on __ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, __ Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. __ State (University from the song at #24-Across)
65. Consequently
66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity

Down
1. Switchblade
2. 'Accent' add-on (Emphasize)
3. __ Bay (Bay of Fundy inlet)
4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part
9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. __ Canada (Government agency)
34. Give a job to
35. "How sweet __ __!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. __ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habituates, variantly
49. Bus station
50. Lend __ (Listen): 2 wds.
51. __ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

Yesterday's Crossword



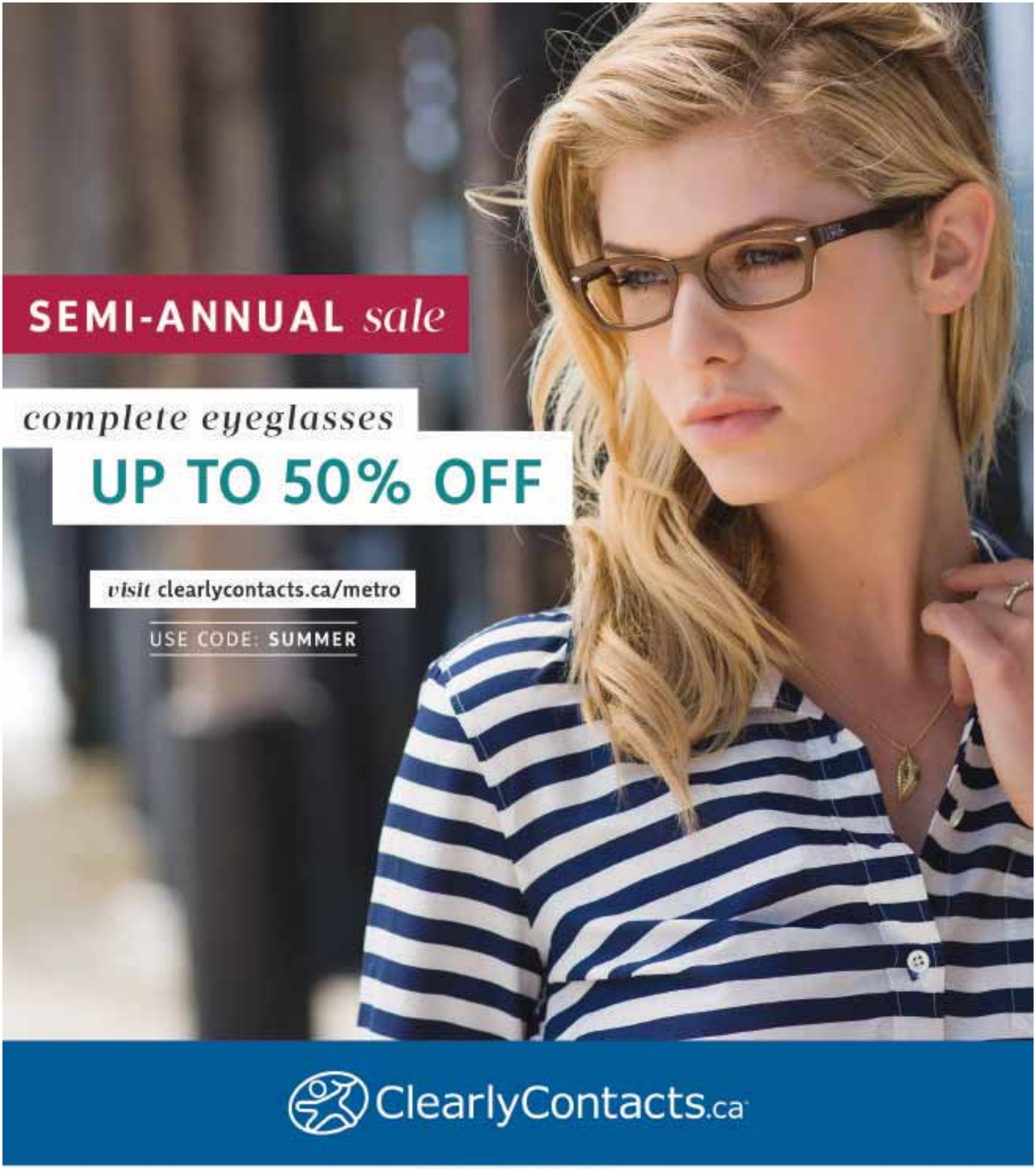
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9				8		
			6		3			
4	8						3	1
		5	7		4	1		
3	4						5	6
		1	3		9	2		
6	1						2	8
			4		1			
		3				5		

Yesterday's Sudoku

6	4	7	5	2	8	9	3	1
9	1	2	6	3	4	7	8	5
8	3	5	7	1	9	2	6	4
4	9	1	3	7	6	5	2	8
7	2	6	1	8	5	3	4	9
3	5	8	4	9	2	1	7	6
2	6	9	8	5	7	4	1	3
1	7	4	9	6	3	8	5	2
5	8	3	2	4	1	6	9	7



Cannot be combined with other offers.